



Truro Times

7 Standish Way, N. Truro (508) 487-2462

January /February 2025

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Deputy Director's Note:

As we step into a new year, I want to take a moment to reflect on the strength, resilience and spirit that define our wonderful community. We are truly grateful for the ongoing support of our amazing community partners. Your dedication to enhancing the lives of older adults makes a world of difference. Whether through volunteering, financial contributions you help us create a more vibrant and caring community. January offers a unique opportunity to begin anew whether its setting personal goals, embracing new activities, or simply taking the time to appreciate all that we have accomplished together. This month, we're focusing on renewal, wellness and connection. Whether you're setting small, achievable goals for your health, exploring new hobbies, or simply making time to connect with friends, there's always room for growth and positivity in our lives. I encourage you to think about what you'd like to focus on in 2025. Perhaps you'd like to try a new class or join one of our social events to meet new friends. To keep you connected Elder Services will be holding a "Getting to know your Smart Phone" workshop on Wednesday January 22nd 10:30am. In February we will be offering AARP tax

aid program. Certified tax volunteers will be providing free tax preparation to moderate to low income seniors by appointment only. We will also be having TCS students join us at the Truro Council on Aging on Tuesday February 11th at 1pm, we will be making Valentine's Day cards. We continue to offer Strength Training, Chair Yoga, Men's exercise, Core & More, Needle work group, White Line Printmakers, IT tech help and more! Our Council on Aging is here to support your journey every step of the way, with programs that promote physical, mental and emotional wellbeing.

Sincerely,

*Michelle Peterson
Deputy Director COA*

WINTER WEATHER POLICY

If Truro Central schools are closed, COA programming and transportation will be cancelled, however the office may remain open. When Town Hall offices are closed, the Truro Council on Aging will also be closed. Please call the COA office at 508-487-2462. if you have questions regarding any closure or cancellations.



HOLIDAY OBSERVANCES

**MLK DAY JANUARY 20TH
&
PRESIDENTS DAY FEBRUARY 17th**

SNOW REMOVAL

Now is the time to make arrangements for snow removal from your driveway and walk ways. Should an emergency vehicle, or a COA van need to get to your home, snow must be cleared. COA has a list!



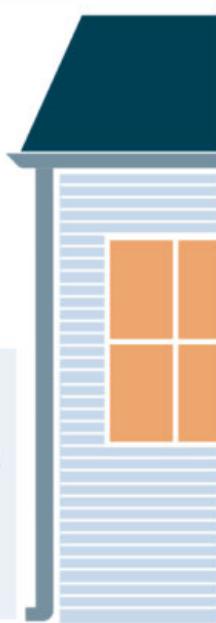
Holiday singing at Truro Council on Aging with Truro Central School Students brings joy and festive spirit to all!

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Upcoming Events

Dance Party

Wednesday January 8th 1:00pm-3:00pm

Come join us along with Beth O'Rourke a local resident in town & DJ will be hosting a dance party. It will be a fun filled afternoon for you to let loose and enjoys some great music. Drop ins welcome!



Greeting Card Workshop

Tuesday January 14th 10:00am-12:00pm

Please join us in creating handmade greeting cards. We will provide all the supplies needed for making cards. Please RSVP by Friday January 10th by calling 508-487-2462.

Community & Conversation: Life Transitions Group

Wednesdays Jan 15th & Feb. 12th 11:00am-12:30p

Come join us for community and conversation about life transitions. The group will focus on life transitions of mature adults (including relationships with partners and grown children, career changes, medical challenges, retirement and loss, and enhancing meaning, support and emotional connection in later years. Please call 508-487-2462 to register.

Soup Social

Monday January 27th 1:00pm-3:00pm

Julie Grande from Box Lunch will be teaching a soup making class where you can partake in making a soup and eating the soup you have made with others. Participants will be able take home soups they have made. Please RSVP to Katie at 508-487-2462 by Friday Jan 24th.



“Getting to Know your Smartphone”

Wednesday January 22nd 10:30am-12:30pm

Don't let your smartphone's settings stump you! Smartphones are full of useful features that can help you make the most of today's digital world. In this workshop, we'll cover some of the essential features and capabilities of your smartphone. Call Denise Magnett to register at 508-258-2299 or email her at denise.magnett@escci.org



Films & Friends

Monday, Jan. 13th & Feb. 10th

1:00pm-3:00pm

Grab your friends and join us for a wonderful afternoon of film, laughter and good company. We will be showing “Classic Movies”. Grab your seat, relax and enjoy these timeless treasures.” Light refreshments and popcorn will be provided. Drop ins welcome!



Power of Music & Memory

Thursday February 6th 2:00pm

Dr. Randi Lebar offers a 1-hour inspirational presentation about the wild ride she has taken with her mother, pianist Elaine Lebar (born in 1928) who went viral on TikTok in 2020 while living in a memory care unit in Buzzards Bay. Specifically focuses on the magic and power of music in dementia and includes many lessons Randi learned along the way about finding meaning and joy in their relationship, in spite of her mother's mental decline. Please RSVP by calling Katie 508-487-2462.

Multigenerational Valentines Day Card making with TCS students

Tuesday February 11th 1:00-2:30pm

Come join us and the Truro Central School students to make Valentines Day Cards for homebound older adults in the community or a loved one. Please RSVP to Katie by Monday February 10th at 508-487-2462.



Valentine's Day Lunch

Thursday February 13th 12:00pm-1:30pm

Your invited to a special Valentine's Day luncheon that's sure to warm your heart! Connect with others in the spirit of love and community. Lunch and Root beer Floats will be served. The Sandbar Quartet a Cappella group will be singing for us! Please sign up by Tues. Feb. 11th at 4pm by calling 508-487-2462.

Lunch & Learn-Senior Tax Exemption info Session

Wednesday February 26th

11:30am-1:00pm

John Nahas will be joining us from the Town Assessor's office to help understand and navigate tax exemptions. Lunch will be provided. Please call 508-487-2462 to register by Friday Feb. 21st.



Caring for the Caregiver

Friday February 28th 10:00am-1:00pm

Are you someone caring for someone? Do you need a break? We will offer guided meditation, sound bath, chair massages, reiki and a healthy lunch for our caregivers. Registration required please call Katie at 508-487-2462 to sign up by January 15th.



AARP tax aide program

Tuesday Feb. 4th-April 1st

Free Tax preparation for seniors.

Providing filing for moderate to low-income seniors who need help with tax preparation. Please call Katie at 508-487-2462.

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Music, Art & More

NEEDLE WORK

Wednesdays 10:30am- 12:30pm

Knitting, Crochet, Needle Point, Quilting, Fiber Art. Bring a new or unfinished project, share ideas and appreciate the crafts of others. Help yourself to a cup of coffee, tea or hot chocolate. Bring a snack if you wish.

UKULELE WITH MARY ABT

Thursdays 10:00 am- 11:00am

Join Mary Abt at the Truro COA for an hour full of ukulele JOY! Mary has been teaching basic ukulele for years. No fancy stuff, just good old fashioned fun stuff. If you have a ukulele GREAT, if you do not have one, we have some you can use!

MEMOIRS WRITING GROUP

Mondays- 10:00am - 12:30pm (via Zoom)

The Truro Memoirs Group meets Mondays 10 AM to 12:30 PM, currently on Zoom. **To register for group email rpace39@gmail.com**

Participants share their stories and receive helpful, encouraging feedback from each other and from Rosalind Pace who has been mentoring Truro Memoirs for decades. It's free and open to anyone.

OUTER CAPE WHITE LINE PRINTMAKERS

Fridays 10:30AM –12:30PM

Our group's main goal is to foster a continuing interest in white line printing but we are not limiting ourselves to that form of art. Members may also choose to work with watercolors, pen and ink, wood block prints, linoleum block print, colored pencils and pencil drawing. Bring the materials that you will need to work on what inspires you.

SHINE VOLUNTEER COUNSELOR

Once a month on Tuesdays 8:15am-12:15pm Shine counselor will be available to answer Medicare questions you may have. Please call to register 508-487-2462.

LGBTQ Social Group

On 3rd Monday 1:30pm-2:30pm

Come join us to connect with other LGBTQ peers. Drop in no registration required.



ECH SUPPORT CLASSES

Tuesdays, 1:00pm-2:30pm

By Appointment 30 minute time slots

Need help with your device? Bring your smart phone, table, or laptop and power cord to appt.

To schedule appt please call 508-487-2462.

FREE HEALTH SCREENINGS/ FOODS TO ENCOURAGE

2nd Wednesday each Month 10:00am-11:30am

Barnstable County Nurses and Cape Cod Cooperative extension will offer free blood pressure, glucose checks, nutrition demonstrations and free bag of groceries. Sponsored by Lower Cape Outreach Council. Please stop by!

LEGAL ASSISTANCE SCCLS

Tuesdays February 4th 1:00pm-3:00pm

To speak to a pro bono Elder Law attorney, call Ms. Rasheda Dickerson directly at (774) 487-3251 to arrange an appointment. Leave a message with your name and number. If you would like to meet with an attorney. Offered by appointment only and first come, first-served basis.

VETERAN'S OFFICER

Wednesdays March 8th 1:30-3:30pm

Shawney Carroll, Veteran Services Officer is available for counseling. Call for an appointment, (508)-487-2462.

GAME DAY

Mondays 11:00am-12:00pm

We have a variety of games to choose. During "Open Game" you can meet other players who may be interested trying out different games. Drop ins are welcome!

WOMEN's BIRTHDAY CLUB

January 20th

Bay Cafe in Provincetown - \$23 pp 11:45AM
Hostesses Judy Thompson. 774-722-2659
Kirsten Feldman. 617-686-9820

February February 17th

Box Lunch in Provincetown - \$23 pp 11:45am
Hostesses. Jane Corbin 508-284-5775
postalmedic@comcast.net

RSVP to Hostess
Contact info: text or call

Exercise Programs

STRENGTH TRAINING

Mondays -Wednesdays & Fridays (hybrid)

9:00 - 10:00

This is an independent group, run by the class participants. There is 1 monthly visit by the instructor to offer additional instruction or modification as needed. Includes a warm-up, sitting and standing strength work with weights and elastic bands, stretching, and balance exercises.



MEN'S WORKOUT WITH KATHY STETSON **Wednesdays 10:30 - 11:30**

This class offers a variety of techniques and variations to accommodate different levels of fitness, from gentle to more strenuous. Includes strength, flexibility, agility and skill specific training geared to the unique needs of men.

CHAIR YOGA WITH CHRISTINE FRISCO

Wednesdays 2:00 - 3:00pm

This is a one hour very gentle yoga class using a stable padded chair for sitting, as well as a prop for standing exercises. No experience is necessary, but if you are unsure about your physical condition, please do consult with your doctor before attending the class. Please wear comfortable loose clothing.

The Truro Public Library

Is pleased to offer a free delivery service for residents who are homebound.

Residents who want to sign up for the service should call the Truro Public Library. A volunteer will contact each person to determine preferences, best delivery times, and any special requests — such as large - print books, audiobooks, DVDs, puzzles, or magazines. We have books and more for our community! CALL 508 -487 -1125 to sign up!



Feel free to call or email instructor Christine Frisco with your questions about the class! Phone: (508) 221-8427 / Email: christinegfrisco@aol.com.

CORE & MORE WITH KATHY STETSON

Thursdays 10:30 - 11:30

This class offers a blend of sitting, standing and optional floor work with music. Includes balance, posture, core strength, and yoga-inspired stretching.

MOVE AND STRETCH WITH KATHY STETSON

Thursdays 12:00 - 1:00pm

This class is great for those looking for a gentle work-out. Includes gentle range of motion and stretching in sitting, brief periods of standing, strength and balance, as well as exercise education. The small group setting allows for individualized instruction.

Other exercise classes are offered through Truro Recreation for more info and or to register please contact Truro Rec at 508-487-1632 or go to trurorec.com

Sundays 10am-11:30 am and Tuesday 9am-10:30am \$15-\$20 Truro Yoga with Genevieve Morin \$15-\$20 contribution suggested

Mondays Zumba 9:00am-10:00am Erin Silva esilva1@comcast.net.

Wednesdays Therapeutic & Restorative Pilates 9:00am-10:00am Dawn Snow \$10-\$20 contribution suggested donation dawnsnow369@yahoo.com.

Stay Strong Cancer Support Group

*Coordinated by Ginny Dutra, RN.
This group has been in operation for 7 Years!.*



Where: Truro Library Cobb Room.
When: 2nd and 4th Wednesday of every month.
Time: 10:00AM-11:15AM
This group has been helping women in all stages of cancer.
Call Ginny at 508-648-1639 to **sign up!**
for more information or to sign up.

Community Spotlight

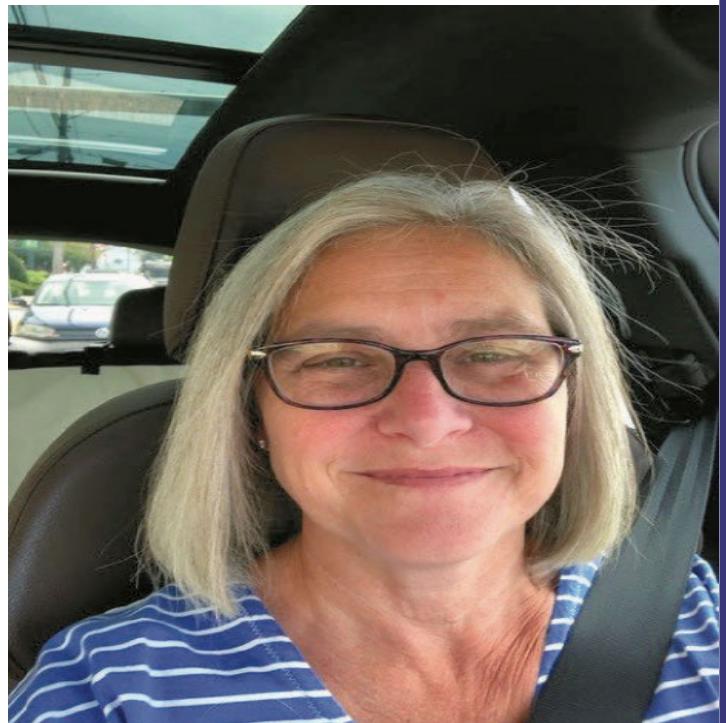
Interview with Susan Rocca, COA Board Member

This is an introduction to Susan Rocca, our newest COA Board member. Susan is a remarkable woman and a veteran volunteer of many groups, places and years. She is the mother of three grown kids who live all over the country, Malden, NY city and Seattle. Married for 32 years, she is a retired special education teacher who taught 3- to 5-year-olds with multiple impairments and those on the autism spectrum. Susan grew up in New Jersey, Texas, Louisiana and London before she went off to college in Massachusetts. As you can tell, she and her family like to travel. She's been many places in Europe, Asia and the Caribbean. She'd like to travel more and especially spend time in Italy (who wouldn't?) So, what does she do in her leisure time? She cooks and reads and volunteers! and would like to work with stained glass again as she once did.

She noted that she and her family have lived in several suburbs around the Boston area and when her youngest child went off to college, they moved to Truro full time—that was about 2 years ago. They had been summering in Truro since 2012 and while she does love the beaches, she said she really loves the off season when everything is so quiet. “I love to hear the wind blowing. You get the real sense

that we do in fact live on a narrow slip of land in the middle of the ocean”. I asked her what makes her want to volunteer (she is a dedicated volunteer at the Truro Pantry and Truro Community Kitchen). She responded that she always tries to become part of the community in the many places she has lived and that she feels fortunate to be able to not work, which allows her to contribute in this way.

When asked what people would say is her best quality, she paused and said, “that I’m a caring person”, but declared “I’m also fairly adventurous and I like to try new things!” I think we are very lucky to have this talented, caring woman as part of our COA Board!



Transportation

The Truro Council on Aging is pleased to assist with transportation needs to Truro residents who are at least 60 years of age or older or any adult living in Truro who is disabled. Rides can be requested to the Truro Community Center for all classes, programs, Community Luncheons and the Food Pantry.

SHOPPING/ERRAND DAY: On 1st & 3rd Mondays we will offering trips to Orleans bus leaves at 9am and will return around Noon. Call to register.

MEDICAL RIDES: Provided Monday-Fridays to destinations within Barnstable county only. Appointments should be scheduled between 9:00- and 2:00 Slots fill up quickly! Reservations must be made 2 business days in advance.

MAIL AND FOOD PANTRY DELIVERY

On Wednesdays must call to register.

TRANSPORTATION NEWS FROM CAPE & ISLANDS VETERANS OUTREACH CENTER

The Cape & Islands Veterans Outreach Center will be offering Transportation to Veterans by appointment with 48- hour notice given. The Veteran will be required to produce a copy of their DD214 form. To secure a ride, the Veteran or their advocate makes a call to Angela Welch Transportation and Outreach Coordinator at 508-778-1590 ext 9.

RIDE HOME PROGRAM SPONSORED BY FRIENDS OF COA

Did you know if you need a ride home from the hospital? Truro has a program where any resident of Truro who is over the age of 60 can get a ride home from hospital. This program is funded by the Friends of the COA. Cards are available through Truro Fire/Rescue, Cape Cod Hospital case managers and Outer Cape Health Services (Provincetown/Wellfleet).



Reminders for Riders:

- *Transportation is strictly door to door service, meaning that the driver is not allowed to go into anyone's home or provide physical assistance.*
- *Transportation will not be provided to anyone who has received any form of anesthesia.*
- *COA drivers are not permitted to attend medical appointments with client, provisions for such attendance are the responsibility of the client, family, or caregiver. We do have Volunteers available to go with you to appt. please give us a call if you need to request.*
- *Access to and from your home should be free of obstacles and cleared during bad weather.*
- *There are no unscheduled stops.*
- *Rides are often shared, waiting may be necessary*
- *A donation are appreciated.*

Truro Council on Aging and its transportation programs is funded (in whole or in part) by the MA Executive Office of Elder Affairs and the Federal Administration for Community Living by a contract from Elder Services of Cape Cod and the Islands.



DART DIAL A RIDE

CCRTA provides door-to-door shared ride, ride by appointment transportation service. Drivers will assist you to and from the first floor outside door of your house or apartment complex, but are not permitted to enter your house or apartment. Call 1(800)-352-7155. Reservations 1 weekday before.

BOSTON HOSPITAL TRANSPORTATION (BHT) CCRTA provides medical transportation services to Boston Hospitals. Pick-ups are in Wellfleet departs Dunkin Donuts at 7:00am and returns from Boston at 3:00pm. (by Dunkin Donuts), Eastham and Orleans. Call 1(800) 352-7155 to make a reservation in advance. Cost \$30 roundtrip.

ADA Paratransit services: Provides door-to-door shared ride transportation for passengers who meet ADA eligibility requirements and whose disability prevents them from using CCRTA's accessible fixed route buses.

Loneliness and Social Connections: A National Survey of Adults 45 and Older

Not Alone in Loneliness

About one-third of U.S. adults age 45 and older report feeling lonely — and, due to an increased number of aging adults, the number is growing.

People who are lonely and socially isolated are more likely to have health problems, which can have serious financial implications. Social isolation among midlife and older adults is associated with an estimated \$6.7 billion in additional Medicare spending annually.

What Factors into Loneliness

Building on a previous study by AARP in 2010, it explores the relationship between loneliness and social connections, life experiences, health, and technology.

Top predictors of loneliness: size and diversity of an individual's social network and being physically isolated. Other contributing factors include age, depression, urbanicity, anxiety and overall health.

The results indicate loneliness has approximately the same incidence across race and ethnicity. New in this year's study is the finding that LGBTQ status plays a role in loneliness. Midlife and older adults who identify as LGBTQ are more likely to be lonely (49%) compared to those who do not (35%). Adults who never married or who are divorced or separated tend to be lonelier than those married — although marital happiness is a factor. Just 26 percent of adults who are very or somewhat satisfied with their partner are lonely, compared to 48 percent who are very or somewhat unsatisfied. For unpaid caregivers, the loneliness gap is 8 percentage points higher than non-caregivers.

Also new in this year's study is the finding that getting to know one's neighbors can help reduce loneliness. Thirty-three percent of midlife and older adults who have ever spoken to their neighbors are lonely, compared with 61 percent who have never spoken to a neighbor.

Importantly, feelings of loneliness usually do not stem from one single event. While that may seem like a mere nuance within the findings, it has encouraging implications — specifically, that multiple opportunities may be available to intervene and quell loneliness by taking such actions as addressing social isolation.

While the findings that 35 percent of midlife and older adults are lonely is unchanged from 2010, the popula-

tion of lonely people over age

Health & Wellness

45 has grown by 5 million, from 42.6 million to 47.8 million, in the past eight years. Of those individuals counted as being lonely, 41 percent say feelings of loneliness and isolation have persisted for six years or more, while 31 percent indicate they have felt lonely for one to five years, and 26 percent for up to a year — also unchanged from 2010.

The Social Media Age

Social media use among midlife and older adults has more than tripled since 2010. Now 42 percent report engaging in social media, up from AARP's previous survey on loneliness, when only 13 percent used the likes of Facebook, Instagram and other platforms. Yet social media does not necessarily curb social isolation.

When other social isolation factors are controlled, use of technology for communication has a small but significant effect on loneliness: As people use social media more, they report feeling more lonely, according to the survey. When respondents are asked about how being online affects their relationships, their responses reveal that technology tends to amplify pre-existing attitudes.

Chronically lonely adults are more likely to turn to isolated activities to cope with loneliness, such as eating, watching television or surfing the internet, while people who are not chronically lonely tend to talk with a friend or go out with family.

Midlife and older adults who volunteer, participate in clubs and attend religious services are less likely to be lonely than those who do not. Those in rural areas also reported lower levels of loneliness than those who lived in cities, and those who said they engaged in more frequent sexual activity also were less likely to be lonely.

Connectedness With Age

When it comes to loneliness, what can midlife and older people expect as they age? Controlling for all other variables, AARP finds that loneliness goes down as people get older. Respondents surveyed in their 40s and 50s were more likely to be lonely than those over age 60. This is consistent with similar research on age and happiness that shows a "midlife" dip in happiness and life satisfaction followed by a reversal of the trend in one's late 50s or early 60s.



Happy New Year! We hope that you all had a chance to enjoy the holidays with those who mean the most to you! Reflecting on the last year here in Truro, I have seen some wonderful residents supporting other residents in need. This really warms my heart to see and thank you for caring! As winter approaches, remember to keep an eye on the weather and prepare for any upcoming storms. There is a helpful storm safety checklist available here at the COA, that includes several ways to stay informed during storms or power outages. Please pick one up and put this in a handy spot! Other helpful information you will find in the Newsletter is Truro Tax Exemptions, Fuel Assistance and LLOC Food Pantry. Now with the dramatic increase in the cost of food, home heating and utilities, we know more people are struggling who may not have in the past. If you are concerned about any of these issues, please contact me to learn more programs and services that can benefit you and may be available to you.

Again, Happy and Healthy 2025! Cheers, *Georgette Ducey* Outreach Coordinator

The Outreach Coordinator is to provide senior residents with information that can help them resolve issues. The Coordinator is available to make home visits or to meet seniors and their families at the Center to answer their questions while maintaining privacy. The range of issues is broad and may include housing, Truro tax exemption forms, financial issues, medical insurance, fuel assistance, S.N.A.P., HIP (Healthy Eating Incentive Program) homemaker services, caregiver information, and local & zoom support groups. Feel free to contact Georgette 508-413-9508 to make an appointment.

FOOD AND MEAL RESOURCES

TRURO FOOD PANTRY & HOMEBOUND DELIVERY PROGRAM *Lower Cape Outreach Council* hosts a food pantry at the Truro Community Center, located at 7 Standish Way in Truro, on **TUESDAY** and **WEDNESDAYS** from 10:00am-12:30am. Walk ins welcome. For more information or to make an appointment please call Barbara Bond (617) 515-4342. **Food can be delivered to HOMEBOUND RESIDENTS ONLY.**

MEALS ON WHEELS: Meals on wheels brings meals to people aged 60 and older who are homebound and unable to prepare their own meals. For more information, please call Elder Services at 508-394-4630 and ask for information and referrals or call Truro Council on Aging at 508-487-2462.

DELIVERED COA LUNCHEON MEALS: We also can offer a Thursday Luncheon meal delivery program for vulnerable **homebound** seniors. This will allow us to connect and be visible to those who may need additional support. Please call Georgette at 508-413-9508

TRURO COMMUNITY KITCHEN Tuesdays: Meals are available to anyone in need during this challenging time. We recognize that need can mean many different things at this time, and we will never ask you to qualify yourself for a meal. If you think you're a good candidate for a free meal, we'd love to deliver to you. To register call/text Eli at (973) 868-7526 or see Georgette Ducey 508-487-2462

FOODS TO ENCOURAGE/FREE HEALTH SCREENING: ONCE A MONTH: Blood Pressure and Glucose checks with Pop Up Food Nutrition and receive a bag of fresh fruits and vegetables. Sponsored by Lower Cape Outreach Council. **Second Wednesdays** of every month, 10:30am-11:30pm in the Lobby Please stop by!

BAKED GOODS TUESDAYS & THURSDAYS• Typically, after 10:00 am Tuesday & Thursdays, COA Staff deliver donated "day old" baked goods. Stop by and help yourself!

FUEL ASSISTANCE

Note: If you applied for fuel assistance last year, the envelope and application will be a Yellow. Do not throw it out!

The Fuel Assistance Program provides seniors with a lower income household to help pay home heating bills. The program runs from November 1st until April 30th. Eligibility is based on gross income, household size and vulnerability to heating costs. Fuel Assistance can assist with any primary heat type: oil, electricity, propane, kerosene, wood or coal. Also, if you are living in nonsubsidized housing and your heat is included in your rent, Fuel Assistance can reimburse you for a portion of your rent. If you are renting an apartment that is subsidized and the cost of heat is included in your rent, you may not be eligible for Fuel Assistance; however, you may wish to apply to be enrolled in a Massachusetts utility discount program strictly based on income.

To apply you will need the following:

- Proof of income for all household members (Social Security Benefit letter) if employed; 4 consecutive paystubs. 2024
- Copy of 2023 taxes for self-employed
- Electric and heating bill 2024
- Mortgage, homeowner's insurance, real estate tax bill and lease 2024
- Current Photo ID
- Social Security cards and birthdates for all household members.

If you rent an apartment or room out to an individual: Copy of their lease, copy of Truro Certificate of Use and Occupancy

TOWN OF TRURO SENIORS, VETERANS AND BLIND TAX EXEMPTION PROGRAMS FY2025

A tax exemption is a release from the obligation to pay all or a portion of a tax. Applications should be filed annually with the Board of Assessors on or before April 1st, 2025. Filing an application does not entitle the applicant to a delay in tax payment. If you have any questions, please call the Assessor's Office at 508-349-7004 X117 or Outreach at the Truro COA.

Outreach Corner

TELEPHONE REASSURANCE PROGRAM

Do you live alone? Are you concerned about an elder? We have a reassurance program where you have a daily check in with someone. If we do not hear from you by ten o'clock am someone will go over to the house and check on you. For more information, please call Truro Council on Aging at 508-487-2462.

ELDERS OF SPECIAL CONCERN

Upon returning home from the hospital or rehabilitation center be sure to contact our Outreach Department for any support or resources you may need, such as medical equipment, meals on wheels, or in home supports. Also, you can be added to our list in the case of a predicted storm. Participants of Elders of Special Concern will be contacted to determine if they have adequate supplies in preparing for possible power outages, etc. if you live alone, are disabled , use oxygen, other special medical equipment , or feel you could benefit from this program, please call 508-413-9508 to sign up.

FILE FOR LIFE What is File For Life?

The File for Life is a way for you to provide vital medical information to emergency responders (paramedics, police, fire-fighters, etc. should you ever be sick or injured at home and unable to speak for yourself. It consists of a vinyl envelope with a medical information form (which you need to fill out) inside, which you can stick in clear sight on your refrigerator for emergency responders to find if needed. Please call Georgette if you need a File for Life Card 508-413-9508.



MEDICAL EQUIPMENT LOANS

We gratefully accept donations of equipment that is in good, usable condition, **BUT IT MUST BE CLEAN**. Equipment is quarantined and then sanitized before it is loaned out to Truro residents. We will continue to accept and loan wheelchairs, walkers, rollators, canes, shower seats, tub transfer benches, and bed rails. Medical equipment is for short term use and will only be loaned out to non-residents if an adequate supply exists. All borrowers must sign a liability waiver.



Community Lunch

THE COA Community Lunch is held on Thursday's at 12pm for \$7 and Delivery \$10. Reservations Required. Lunch includes a delicious home-cooked meal along with a special dessert treat. Come alone and make new friends, or come with a group. Either way, we are sure you'll love it!

January 2nd: Green salad, roast chicken with potatoe pancakes, and roast carrots. Pound cake for dessert.



January 9th: Tomato soup, shrimp salad and green beans. Ice cream and cookies for dessert.

January 16th: Cucumber and tomato salad, salmon teriyaki, mashed potatoes, roast carrots. Peaches and Ice cream for dessert.

January 23rd: Boneless roast spare ribs, chicken and broccoli in a brown sauce, rice. Fortune cookies for dessert.

January 30th: TBA

February 6th: Chicken parmigan, Caesar salad, bread & dessert

February 13th: Chicken Cordon blue, red bliss potatoes, asparagus & dessert

February 20th: no lunch



February 27: Swedish meatballs over egg noodles, broccoli & dessert

NEW MEAL SIGN-UP POLICY & COST

- Pick up or Delivery cost is \$10. Dine in will remain \$7.
- TO GO DELIVERIES to HOMEBOUND residents only.
- Please call to make reservations by 4pm on Tuesdays
- Arrive on time Lunch served 12:15pm.
- To go lunches will be available after 12:45 pm
- No last minute walk ins for lunch

CURRIED LENTIL STEW

1 onion, chopped 3 garlic cloves, minced 1 tbs. of freshly grated or minced ginger 2 tbs. good quality curry powder, or make your own with turmeric, clove, cinnamon, cumin, coriander, ginger, cayenne, star anise 1 lb. of green lentils, rinsed 1 + quarts vegetable stock or water 1 large sweet potato, diced into 1/4 inch pieces Olive oil for cooking 1. In a large pot sauté onions, garlic and ginger in oil until onions are clear. 2. Add curry powder. 3. Rinse lentils in a colander and then add them to the pot and give it a good stir. 4. Slowly add at least 3 cups of stock and as the lentils cook and absorb the liquid you will need to keep adding more. By adding the stock or water in batches you ensure your stew is the proper consistency and not a mushy lentil mess. 5. While lentils are still firm add the diced sweet potato and cook and additional 8 to 10 minutes. 6. Serve on its own or over basmati rice. Recipe provided by Michelle Peterson



The Housing Rehab Program, administered by TRI, is open to year-round homeowners in Truro, Harwich, Eastham and Wellfleet whose incomes are at or below eighty (**80%**) of the area-wide median income according to **HUD's current income guidelines** for Barnstable County.

Through the Housing Rehab Program, qualified homeowners can receive *up to \$50,000.00 in the form of a deferred, forgivable, zero-interest loan based on Program Guidelines*. TRI addresses health and safety repair needs such as roofing, siding, windows & doors, lead paint abatement, (homes built before 1978 will require a lead paint inspection), new heating & septic systems, handicapped accessibility, and other repairs allowed according to the Program Guidelines.

Jean, Director of Housing Rehab Programs, can be reached via email at jean@theresource.org.

Christy, Program Coordinator, can be reached via email at christy@theresource.org.

Call **508-694-6521** if you have questions or need further assistance.

The Friends of the Truro Council on Aging is a volunteer, non-profit 501 (c) (3) organization whose mission is to support the Truro COA in providing older adults services, resources, and activities to enhance the quality of life.

The Friends of the COA act to support the activities of the Truro Council on Aging by providing funds for programs and, through the efforts of Board members, to provide assistance to the staff of the Truro COA. The Friends, in conjunction with the COA Deputy Director, determine where funds are needed most. This may be to support programs such as COA luncheon, Community Outreach or to provide programs and events such as our recent Barber Shop Quartet Valentines Luncheon, World Citizen Senior

BECOME A FRIEND: The Board of the Friends of Truro Council on Aging is seeking new members. We are updating our database and need to hear from you! Is your membership current? If not, please update it as soon as possible. And if you're not a member, will you consider becoming a 'Friend'?

House Numbers

Is Your Number Clearly Visible from the Street?

Seconds Count in an Emergency

- Protect your family and your property by having large visible house numbers.
- Firefighters, police officers, and paramedics find you faster when your home is properly marked.
- A visitor, child or injured person may be unable to give clear directions.
- Emergency personnel from a neighboring community may be unfamiliar with your area.

Use Large Visible Numbers

- Numbers need to be at least 4-inches in height and facing the street.
- Put the numbers under lighting, and use numbers with a contrasting background, so they will be visible at night.
- Be sure to use the E-911 address for the property.
- If your driveway is long, post your house number on both sides of a mailbox or sign pole at the end of the driveway near the road.
- Be sure to keep numbers visible by trimming trees and bushes.

It's the Law

- Massachusetts General Laws C. 148, S. 59. specifies that every building in the state must have clearly visible address numbers posted.



FireFactors

Office of the State Fire Marshal • www.mass.gov/dfs • (978) 567-3380

Truro Fire Department
344 Route 6
Truro, MA 02666
(508) 487-7548
Timothy Collins, Fire Chief



Lots of fun had by all at our recent Wreath Decorating Class at the Truro Council on Aging!

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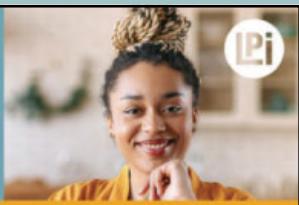
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MISSION STATEMENT

The mission of the Truro Council on Aging is to identify the needs and interests of the community's older adults; to educate the community and enlist support and participation of all citizens concerning these needs and interests; to design, promote, and carry out programs; and to coordinate existing services within our community.

COA Staff Members

- Michelle Peterson, Deputy Director
- Outreach Coordinator, Georgette Ducey
- Office Assistant, Katie Thibodeau
- Michael Tarvers, Driver
- Annemarie Palheiro, Transportation/Program Coordinator
- Samantha Keenan, Driver
- Alan Olszewski, Driver

FRIENDS OF THE TRURO COUNCIL ON AGING

Jim Brown, President; Catherine Staff, Vice President; Ed Yaconetti, Secretary; Christine Roderick, Treasurer; Lucie Grozier, Director; Patricia Wheeler, Director; Joan Moriarty, Director

COUNCIL ON AGING BOARD MEMBERS

Board Members: Katherine Black, Clerk; Dan Schreiner, Chair; Apryl Shenk Vice Chair; Carol Bishop, Barbara Bond, Kevin Grunwald, and Deborah Simulian, and Susan Rocca alternate.